

Tennessee State Parks Running Tour Course Descriptions

Please note: The race course may be changed at the discretion of the race director for safety and weather reasons.

Halloween Hunt, 5 miles, October 30, 2004

This course begins with the 1st mile being out and back. The final four miles are a double loop on a paved walking trail around Couchville Lake. The course is flat and tree-lined, crossing a wooden bridge over the lake twice. This race has a Halloween theme with a costume contest afterwards. Check in for this race is at the Couchville Lake picnic pavilion.

Roan Mountain Run, 10K, November 6, 2004

This is basically a keyhole course with a 2.5 mile loop in the middle. The first 2 miles are generally downhill. There is a major hill at 2.5 - 3 miles. A big downhill follows at 3.5 - 4 miles. The finish is a slight uphill. This is a challenging course that represents the true character of the Tour. The weather can be tricky here. Check in for this race is at the Conference Center.

David Crockett Run, 10K, November 13, 2004

This course has rolling hills throughout. The first 3 miles are a loop that includes a stretch of unpaved trail, with two major climbs between 1.5 and 2.5 miles. The last 3 miles are out and back. The start and finish are downhill. This is a good course for spectators. Check in for this race is at the restaurant.

Forrest's Johnsonville Charge, 5 miles, November 20, 2004

This is a true out and back course. It is flat and fast with a small hill at the start and again at the finish. Generally regarded as the easiest course on the Tour. There is almost always a campfire and chili at the finish! Check in for this race is at the picnic pavilion.

Gobbler Gallop, 6.7 miles, November 27, 2004

This popular race is basically a loop course that starts and finishes within the park. The major hills are 0.5 miles into the race, and again at 4 miles. The section between 2 and 4.5 miles is a roller coaster with big, rolling hills. There is a nice downhill between 5 and 6 miles, with a short section of unpaved trail at about 5.5 miles. This is a tough, hilly course, but an excellent race. Check in for this race is at the recreation lodge.

Deer Trail Run, 10K, December 4, 2004

This course is run primarily on a paved bike path through the park. The gently rolling course has an out and back section between 1.5 and 4.5 miles. There is a bridge that is crossed twice. This is one of the best courses on the Tour, certainly one of the fastest, and you almost always see a deer! Check in for this race is at the recreation lodge.

Standing Stone Reindeer Stampede, 10K, December 11, 2004

An out and back course with one major hill at 1 mile. The course winds through the campground, which is decorated for Christmas, up the major hill, and out the highway for a keyhole loop at the halfway point. It then heads straight back to the finish. This race has the best post race food on the Tour, and good door prizes. Check in for this race is at the recreation lodge near the pool.

Chickasaw Chase, 10 miles, January 8, 2005

This flat to gently rolling course is basically out and back. It has a downhill start and flat finish with 2 sections of unpaved road. This is a nice race and the second longest course on the Tour. Check in for this race is at the lodge.

Hill and Dale, 8 miles, January 15, 2005 (New Starting Point!!)

This course is a true out and back course. The first 1.2 miles are slightly uphill. At 1.5 miles the course turns onto a paved walking path, with the turnaround at the 4 mile mark. The course is mostly flat with two major hills at 2.5 and 6 miles. The last 1.2 miles of this course are downhill and fast! This race draws an excellent local field of runners. **Check in for this race is at the Nature Center.**

Norris Dam Challenge, 7.4 miles (12K), January 15, 2005

This is generally considered the toughest course on the Tour. A keyhole course with a small loop at halfway, this course features 4 significant hills, with the longest being over one mile long. Running across the dam offers spectacular views. Check in for this race is at the meeting room near the pool.

Race on the Trace, 5 miles, January 22, 2005

This race begins with a 2 mile out and back section, continues with a 2.5 mile loop, and finishes with a steep 0.5 mile downhill. The course is rolling with a couple of hills around 4 miles. The good course and a good field make this one of the most popular races on the Tour. Check in for this race is at the Inn.

Trail of Tears, 7 miles, January 29, 2005

This is a loop course that runs mostly through rolling farmland. There is one major hill at 1 mile. This is a very nice race with good awards and excellent post race food. Check in for this race is at the Historic Museum.

Frostbite Half -Marathon, 13.1 miles, February 5, 2005

This is the largest and longest race on the Tour. Other than a one mile section at the start and finish, it is basically a double loop course. This course has rolling hills with the largest ones at 2 and 8 miles. The length and quality field makes this race a great challenge! Check in for this race is at the Inn.

War Party Run, 10K, February 12, 2005

This mostly flat course is two laps around a three-leaf clover. There are two moderate climbs at 0.5 and again at 3.5 miles. Part of the course is along a paved walking path. This is a well organized race and is excellent for spectators. Check in for this race is at the recreation building.

Fall Creek Thaw, 15K, March 5, 2005

The grand finale of the Tour! This certified course, run entirely within the park, is basically a loop course with rolling hills through 7.5 miles. There is one major climb between 5 and 6 miles. The last 1.5 miles are flat. This is a challenging course and draws an excellent field. The views of Fall Creek Gorge are spectacular! Check in for this race is at the Inn.